



## OFFICE OF MAYOR ANDY SCHOR

124 W. Michigan Avenue – Ninth Floor  
Lansing, MI 48933

**FOR IMMEDIATE RELEASE:**  
Wednesday, July 17, 2019

**MEDIA CONTACT: Valerie Marchand**  
517-230-4904

# Cooling Center Activation Thursday Through Saturday

CONDITION ORANGE: HEAT ALERT FOR JULY 18-20, 2019

**(LANSING)** – Local meteorologists are predicting a hot weekend in Mid-Michigan with possible heat index temperatures over 100 degrees. The *It's a Cool Thing to Do* program will be activated by Lansing Emergency Management, meaning cooling centers will be open to the public Thursday through Saturday throughout the tri-county area.

Under the *It's a Cool Thing to Do* program, heat index temperatures from 93 to 102°F call for the declaration of a Condition Orange: Heat Alert. While heat index temperatures of 103°F would call for a Condition Red: Heat Emergency declaration. Temperatures during this week are expected to be at the upper limits of the Condition Orange guidelines.

While the heat lasts, everyone is encouraged to spend at least part of the day in a cool place and to avoid strenuous outdoor activity. People who may be vulnerable because of physical conditions should take this heat wave very seriously (seniors, pregnant women, people with disabilities or chronic health conditions, etc.).

Free rides to cooling centers are available to those with a physical and financial need through CATA, EATRAN and Clinton Area Transit. To find a cooling center near you or to find out if you are eligible for a free ride dial 2-1-1.

### Remember, during this heat wave:

- Don't leave a person or a pet in a parked car, even for just a few moments.
- Make sure that pets have plenty of water and a cool place to rest.
- Check in on friends or neighbors who may have trouble with the heat.

### Those who will be enjoying outdoor activities should remember to:

- Drink plenty of water.
- Avoid alcohol.
- Avoid being in the full sun for long periods of time.
- Wear light colored clothing.
- Use plenty of sunscreen.

A complete list of weekday and weekend cooling centers can be found at [www.lansingmi.gov/coolingcenters](http://www.lansingmi.gov/coolingcenters). The list will be updated as additional locations are confirmed.